

## AMENDMENTS TO THE SPECIFICATION

Please replace paragraph 40 with the following replacement paragraph:

In some embodiments of the present invention, as seen in Figures 10 and 11, the spinal rest main body 900 is covered with a main body cover 901. The main body cover 901 may be made out of cloth or other appropriate material. Main body cover 901 is adapted to substantially conform to the outside surface of back support main body 900. Main body cover 901 may be slipped over back support main body 900, or may be adhered in another fashion. Attachment portions 902 are on the outside of main body cover 901 in this embodiment. Attachment portions 902 may be made of ~~Velcro~~ hook and loop type fasteners or other appropriate means. Attachment portions 902 are in the area of the indentation in the main body in this embodiment.